

LAMORNE MORRIS WORKOUT ROUTINE



Bonus PDF File
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LAMORNE MORRIS WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Baruta labeled his workouts (as shown below with his Chest and Shoulder day) around specific movements, but for the most part they were full-body programming like Men's Journal mentioned. I'll be duplicated this another 3 days as well as sharing Morris' home routine that he shared with Men's Health.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Lamorne Morris Workout: Sample Schedule

Monday: Chest and Shoulders (Straight from Morris and Baruta)

Tuesday: Legs and Calves

Wednesday: Run and/or Basketball

Thursday: Back and Traps

Friday: Biceps and Triceps

Saturday: Active Rest Day or Extra Running

Sunday: Rest Day

Bonus Training Day: Morris' Home Workout Shared with *Men's Health*

Lamorne Morris Workout: Chest and Shoulders

Superset A

Complete 4 rounds of this superset with 60 seconds rest between sets.

A1. Neutral Grip Chin-Ups: 8 reps

A2. Flat Dumbbell Press: 8 reps

Superset B

Complete 4 rounds of this superset with 60 seconds rest between sets.

B1. Neutral Grip Seated Chest Supported Row: 10 reps

B2. Incline Machine Press: 10 reps

Superset C

Complete 4 rounds of this superset with 60 seconds rest between sets.

C1. Lat Pulldown With Neutral Grip: 12 reps

C2. Lat Machine Press: 12 reps

Superset D

Complete 4 rounds of this superset with 60 seconds rest between sets.

D1. Chest-Supported Lat Raise With Dumbbells: 20 reps

D2. Chest-Supported Row To Neck: 15 reps

Finisher E

Deadmill Sprint (15 seconds on, 45 seconds off): 8 reps

Lamorne Morris Workout: Legs and Calves

Superset A

Complete 4 rounds of this superset with 60 seconds rest between sets.

A1. Goblet Squats: 8 reps

A2. Kettlebell Swings: 8 reps

Superset B

Complete 4 rounds of this superset with 60 seconds rest between sets.

B1. Leg Press: 10 reps

B2. Calf Raises on Leg Press: 10 reps

Superset C

Complete 4 rounds of this superset with 60 seconds rest between sets.

C1. Thrusters: 12 reps

C2. Hamstring Curls: 12 reps

Superset D

Complete 4 rounds of this superset with 60 seconds rest between sets.

D1. Dumbbell Curl Step Ups: 20 reps

D2. Jump Squats: 15 reps

Finisher E

Farmer Carries: 5 Reps

Lamorne Morris Workout: Back and Traps

Superset A

Complete 4 rounds of this superset with 60 seconds rest between sets.

A1. Bent Over Barbell Rows: 8 reps

A2. Barbell Bicep Curls: 8 reps

Superset B

Complete 4 rounds of this superset with 60 seconds rest between sets.

B1. Dumbbell Deadlift: 10 reps

B2. Alternating Bicep Curls: 10 reps

Superset C

Complete 4 rounds of this superset with 60 seconds rest between sets.

C1. Barbell Shrugs: 12 reps

C2. Light Barbell Cleans: 12 reps

Superset D

Complete 4 rounds of this superset with 60 seconds rest between sets.

D1. Cable Rope Hammer Curls: 20 reps

D2. Cable Shrugs: 15 reps

Finisher E

Sled Pushes: 5 Reps

Lamorne Morris Workout: Back and Traps

Superset A

Complete 4 rounds of this superset with 60 seconds rest between sets.

A1. Chin Ups: 8 reps

A2. Close to Wide Push Ups: 8 reps

Superset B

Complete 4 rounds of this superset with 60 seconds rest between sets.

B1. Hex Press: 10 reps

B2. Overhead Dumbbell Tricep Extension: 10 reps

Superset C

Complete 4 rounds of this superset with 60 seconds rest between sets.

C1. Dips: 12 reps

C2. Standing Incline Dumbbell Flyes: 12 reps

Superset D

Complete 4 rounds of this superset with 60 seconds rest between sets.

D1. Push Ups DB Rows: 20 reps

D2. Jumping Lunges: 16 reps

Finisher E

Prowler Pushes: 5 Reps

Lamorne Morris Workout: Home Workout from Men's Health

Superset A:

A1. Incline DB Bench Press: 8 reps

A2. Towel Landmine Row: 8 reps

Superset B:

B1. Dumbbell Bench Press: 12 reps

B2. Incline Dumbbell Row: 12 reps

Superset C:

C1. Incline Bicep Curls: 12 reps

C2. Modified Tricep Extensions with Dumbbells (Skull Crushers): 12 reps

Superset D:

D1. Swiss Ball Crunches: 12 reps

D2. Forearm Plank: 30 seconds

Lamorne Morris Workout: Alternative Cardio Options

HIIT Workouts:

You can also sub in [HIIT workouts](#) to replace Morris' basketball and running.

Jump Rope Workouts:

Another alternative are our [Jump Rope Workouts](#) from our new database.

Alternatively, you can also use our celebrity and character workouts.

Running Based Celebrity and Character Workouts

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)